



READY FOR CLAY? PART 9

HOW TO LOWER YOUR MISTAKE QUOTA WITH A SIMPLE TRICK!

YOUR SHOTS ARE OKAY BUT EVEN SO YOU MAKE A LOT OF UNNECESSARY MISTAKES? NO PROBLEM: WITH A SIMPLE TRICK YOU WILL GET BACK INTO THE MATCH: PLAY CROSS!

It will rid you of nervousness. You were all ready to throw your racket on the ground. Most of the time your glance is directed downwards. Your shoulders are drooping. You have no idea what you are doing wrong. Are you facing the ball incorrectly? No. Is your timing wrong? Also wrong.

You feel good. You meet the ball cleanly in front of you. Your body weight is concentrated exactly where it is important. As low as possible. And even though you cannot find the reason for your numerous small mistakes yourself, your next forehand sails 40cm out.

ACCEPT AND TAKE NOTE OF THE RISK IN YOUR SHOTS

Every shot in tennis is loaded with a certain amount of risk. It begins with your return and carries through your complete base line play. With every shot you have the choice, how much risk you are prepared to invest. Do you risk 80 - 90%? or more? or less?

With every shot the risk begins with the direction you give it. You can decide do you play cross or long line? The longline shot is endowed with more risk. The flight distance is shorter. The over playing net height is greater. Your opponent has been playing cross, then you will also have to influence the ball direction. If you do not achieve a perfect longline ball, your opponent will have a good angle to drive you from the base line and into the defensive. No matter whether you are 21 and a LK7 player or it you belong to the older players enjoying the third Autumn of your carrier.

ONLY PLAY THIS ONE GAME: CROSS

Watch yourself when you let too many mistakes slip into your play. Are you playing to much longline? Are you allowing too much risk into your shots? Are you playing blind and with too little consideration?

Apart from height and speed, direction is a determining factor in your shots. If nothing is coordinating for you and your opponent hardly has to work for his points then only play one game: Cross. If your opponent plays in the middle to your forehand, play this cross. Keep the speed down - the height at half height. Do not attempt Winner. Do not choose a direction which you would be able to play. Ignore the position of your opponent. Simply play cross. With time this will regain your rhythm and confidence.

LET YOUR OPPONENT MAKE A FEW MISTAKES.

If you are making numerous careless mistakes do not attempt to shorten ball exchanges this involves more risk. Kindly allow your opponent the chance to make a few mistakes. To be annoyed. Ease him out of his complacency. Have a little fun, by focusing on cross play and making your opponent react to this.

If your game is made up with too many careless mistakes keep the remedy simple. Play higher over the net. Avoid risky shots along the line. Instead play cross and get into a better rhythm on your base line play. You must regain confidence. This you will be unable to achieve with risky moves. The simpler remedy for less mistakes is cross play. Make use of it. And turn the match to your advantage,

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